What is Claimed is:

1. A television system comprising: a tape index guide (TIG) generator; an electronic program guide (EPG) generator;

a guide switch for switching between the TIG generator and the EPG generator;

a VCR including means for automatically locating a selected program on a tape;

a tuner;

a program source switch for switching between the VCR and the tuner;

a picture in picture (PIP) generator operatively connected to the guide switch and to the program source switch; the PIP generator having an active and an inactive mode, wherein in the active mode the PIP generator displays on a television screen a first area displaying a television program output from the program source switch and a second area displaying guide information output from the guide switch; and

a microprocessor for controlling the PIP generator between the inactive and active modes.

2. The television system of claim 1 wherein the microprocessor comprises:

means for controlling the operation of the VCR and the automatic tuning means;

means for controlling the output of the guide switch; and

means for controlling the output of the program source switch.

- 3. The television system of claim 2 wherein the guide switch is operatively connected to the tuner and to the VCR.
- 4. In a television system comprising a tape index guide (TIG) and an electronic program guide (EPG), a method for navigating between a guide mode and a television viewing mode comprising the steps of:

in the television viewing mode
displaying on a television screen a selected program;
 selecting the guide mode;

switching from the television viewing mode to the guide mode;

displaying in a first area of the screen the selected program and displaying in a second area of the screen guide information.

- 5. The method of claim 4 wherein the selected program is a recorded program and the guide information comprises the TIG.
- 6. The method of claim 4 wherein the selected program is a currently telecast program and the guide information comprises the EPG.
- 7. The method of claim 4 wherein the guide information comprises a plurality of program listings including a listing for the selected program.
- 8. The method of claim 7 further comprising the step of highlighting the selected program listing.
- 9. The method of claim 7 further comprising the step of:

moving the cursor to highlight a listing for a second selected program displayed in the second area;

displaying in the first area the second selected program;

selecting the television mode;

switching from the guide mode to the television mode; and

displaying on the television screen the second selected program.

10. In a television system comprising a tape index guide (TIG) and an electronic program guide (EPG), a method for navigating between the guides comprising the steps of:

in a guide mode displaying in a first area of a television screen a first guide comprising either the EPG or the TIG and in a second area a program;

selecting the other guide;

displaying in the second area the other guide without changing the program displayed in the first area.

- 11. The method of claim 10 wherein the program is a currently telecast program, wherein the other guide is the TIG, and wherein the TIG comprises a prompt.
- 12. In a television system comprising a tape index guide (TIG) and an electronic program guide (EPG), a method for navigating between the guides comprising the steps of:

- (a) selecting a program source fromeither a tuner or a video cassette recorder (VCR);
- (b) displaying in a first area of a television screen a program output from the selected program source and in a second portion a guide;
- (c) selecting the other program source; and
- (d) displaying in the first area the program output from the other program source without changing the guide in the second area.
- 13. The method of claim 12 further comprising a step between step (c) and step (d) of controlling the VCR to play a recorded program on the tape wherein in step (c) the selected program source is the tuner and wherein the VCR is not playing a loaded tape.